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Protein is Critical For A Good Night's Sleep

Sleep May Elude Until You Get Enough Protein

Sleep can be a battle, some have laid down the fight years ago, and given up on the idea of a full, restful, rejuvenating 8 hours per night. In doing so you are agreeing to faster ageing, less vitality, less of you!

Reasons for poor sleep differ. The three most common reasons for sleeplessness are:

- Stress. Unable to solve or resolve a problem to your liking is the Number 1 sleep killer. Whether it is conscious or subconscious, the mind takes over in the dark and sleep plays peek-a-boo (environmental)
- Babies | Young Children. As much as you love them, they can be the death of proper sleep for years for parents, but don't let it become the norm. By the time your youngest is 4-year-old you and they should be having great sleep, if not take action (environmental)
- Bad habit. Having had a good reason years before, poor sleep just became the bad habit you can't shake (learned behaviour)

What many don't know is that you can enhance sleep through improving diet and especially your protein absorption - note that we said 'absorption' and not 'intake'. You may eat a lot of meat, but if your body is not absorbing the protein in it, then it is wasted.

Our bodies need protein to make hormones, and stay calm. A body low in protein, is a body in physiological stress, and more likely to flip into 'fight or flight' mode (running on adrenalin) as it's first response to added demands in life, which in turn prevents proper, restful sleep and the vicious cycle of more adrenalin, poor sleep perpetuates.

There are 9 essential amino acids in protein, which we have to ingest daily, plus 11 important amino acids which our bodies can manufacture on its own. The 9 essential amino acids in protein have to be eaten daily as our bodies cannot store them and they are found in animal proteins. If your gut is sluggish from poor diet, lack of exercise, too much alcohol | sugar | fats | carbs, you will still need a supplement to help you get the required daily intake (for men it is 64g and women 46g per day).

Symptoms of protein deficiency include muscle shrinkage or wastage, poor skin | hair | nails, nagging tiredness and always feeling hungry.

Protein supplements use vegetable proteins which are easily absorbed and include the 9 essential amino acids and between 8-11 of the non-essential amino acids. After taking the supplement for 30 days, reassess your sleep pattern, energy levels, health of hair, skin and nails and note the improvements. Also make sure you have removed excess light in your bedroom from external and electronic sources, slow down before bed and eat at least 2 hours before you want to sleep.

If you would like to take up our 30 day Protein Challenge, you can purchase a quality protein supplement from us for \$37, can order by phoning 9361 0800 and we will post it for an additional \$9 or can purchase by dropping into the Centre.

We also recommend seeing our Nutritionist, Catherine Staszewski, to determine other causes preventing protein absorption, good sleep, or general health and wellbeing. Make an appointment request by email ([click here](#)) or phone 9361 0800 Monday to Friday.

Could Internal Inflammation Be Keeping You Fat?

Can't Shift Belly Fat Internal Inflammation May Be The Cause

An inflamed gut may be making you, or keeping you, fat! There is debate in medical circles as to which comes first the inflammation or the weight. Dr Hyman believes first your gut becomes irritated or inflamed and then you gain weight as digestion is not working properly.

To lose weight we know you need to exercise more, eat healthily and apply portion control to what is eaten. But we often miss the importance of digestive tract health.

All the good, healthy food in the world won't help unless your digestive tract is functioning well - this is where seeing a Nutritionist is your key to achieving your weight loss goal.

A study published in December 2007, observed two groups of children - the first group was overweight, the second group were normal weight. Three key factors connected to inflammation were measured in both groups.

The results were startling. In research a difference of 20-30 percent is significant, in this the differences were 300 and 250 percent respectively.

The researchers measured:

- C-reactive protein or CRP, which shows the general level of inflammation in the body (300% higher in the overweight group)
- Delayed food allergy blood test testing for IgG (250% higher in the overweight children)
- Plaque thickening in the carotid artery which is the main artery to supply the brain with blood (overweight group had much thicker carotid arteries, (which causes heart disease later)

The study suggested that what the children were eating was making them sick, then fat.

The authors of the study explain that damage to the gut can lead to a leaky gut, allowing food particles to be exposed to the gut's immune system. This triggers a system-wide immune response, leading to inflammation throughout the body causing obesity by increasing insulin resistance.

Inflammation from any cause — bacteria, food, a high-sugar, high-fat diet — produces insulin resistance, leading to higher insulin levels. And since insulin is a fat storage hormone, you store more fat — mostly around the belly - the number one area most people want to lose if from!

The authors of the study say that we should eliminate IgG food allergens from our diet to treat weight gain and prevent heart disease.

Our Nutritionist will help support your digestive tract and improve its functioning with a mix of dietary changes and timing of foods eaten, plus supplements.

When you eat unhealthy foods, bad bugs in your intestine flourish, which make you crave more bad food and lower your absorption rates of good nutrients. When you eat good foods, good bugs multiply in your digestion and help breakdown food, absorb nutrients and improve your wellbeing from the inside out.

Even people with relatively good diets, if you have binges at night or mid afternoon or on weekends this will affect your overall dietary picture.

Being healthy doesn't mean you can't enjoy food - in fact it is the opposite, Catherine our Nutritionist wants you to enjoy your food even more!

So if you think your weight loss plan can do with a digestive tract health report, please phone us today 9361 0800.

3 Steps to Eliminate Food Allergens and Re-balance Your Gut Ecology:

1. Follow an elimination diet for 3 weeks. Cut out the most common food allergens such as: gluten, dairy, eggs, corn, yeast, and peanuts. Some people are sensitive to soy, so cut that out also
2. Eat a whole food, plant-based, high-fibre diet. This is essential to feed the good bugs in your gut and to provide the nutrients you need to functional optimally
3. Take probiotics daily to boost the healthy bacteria in your gut. Look for those that contain 10 billion CFU of bifidobacteria species and lactobacillus species. Choose from reputable brands or ask us to supply

Winter Warmer Recipes & Tips

Go to: www.thesourceofwellness.com.au/resources/recipes/

Finally winter weather for us with cold days and nights. Our nutritionist, Catherine Staszewski, and Keely Jones, Remedial Therapist, have provided 3 great winter warming recipes for a hearty meal on a rainy day.

For starters there is Keely's great Gluten Free Millet Loaf. This is rich in iron, B group vitamins and fibre. Wonderful for wheat intolerant diets

Next for mains is Catherine's yummy Hearty Eggplant Stew with or without Chicken

A healthy sweet to finish is Keely's Apple Banana & Date Muffins (Sugar Free)

Other tips to keep warm in the cold weather:

- Keep your lower rib area warm. This is where your kidneys are, and if they are warm, your internal body temperature will remain warm. Wrap an extra blanket around your mid torso if outside watching sport
- Drink water at room temperature not from the fridge
- Eat more protein, you'll need it to stay warm - shivering burns alot of calories
- Keep your thighs warm. Studies in Europe have shown women gain weight on their thighs in winter - the body's protective instinct when the area is routinely exposed to cold - when wearing short skirts and long boots most of the time.



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